

Lunch & Learn

April-June 2019



Finding Meaning and Purpose

Tuesday, April 9, 11:30 a.m.

Join Fred Balias for a discussion on ways you might find meaning and purpose as you age.

Maryland Relay Services

Wednesday, April 17, 11:30 a.m.

Have difficulty using a standard telephone? Think phone conversations sound muffled? Have a hard time physically answering the phone? Have trouble hearing the phone ring? Have difficulty speaking or being understood? Need assistance finding a telecommunications solution? Maryland Relay provides solutions to people who have difficulty using a standard telephone. Maryland Relay is administered by Telecommunications Access of Maryland and the services provided are funded by the Universal Service Trust Fund (USTF).

Presenter: Jennifer Curran, Maryland Relay

Maryland Cooking: Historic Cookbooks of the Old Line State

Wednesday, May 15, 1:30 p.m.

Curious about the origins of Smith Island Cake, crab soup, and Maryland fried chicken? Explore a historically significant collection of Maryland cookbooks, one dating back as far as 1845. Examine the collection in historical and cultural context, and search for early examples of your favorite Maryland recipes. Discuss online resources about the history of cooking and digital collections of historic cookbooks. Whether you are searching for that elusive recipe or you're just interested in local history, the Maryland State Library Resource Center will help you savor Maryland's culinary past. Presenter: Julie Saylor, Maryland State Library Resource Center
This is a joint program with the Urbana Regional Library.

Balance and Exercise

Wednesday, June 5, 11:30 a.m.

Learn simple exercises you can do at home to help maintain your balance. Having better balance helps in the prevention of falls. Presenter: Laura Hartman, Sage Physical Therapy and Wellness

**There will be an optional lunch served at Noon, \$5.00.
Meal reservations are due 48 hours before each program date.**

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+
301-600-7020; 9020 Amelung Street, Urbana, MD 21704

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